



Agency Benefits Coordinator Meeting

Employee Assistance Program

Behavioral Health

Voluntary Wellness Program

DPP Updates

August 2018

Employee Assistance Program (EAP)

- EAP administered by Optum
- Available to:
 - All state/higher education benefits-eligible employees and eligible dependents, as well as COBRA participants

Receive five EAP counseling visits, per situation, per year at no cost to you

- Master's level specialists available around the clock to assist with:
 - Stress, legal, financial, mediation and work/life services
 - Can even help you find a network provider, a plumber who works nights, services for your elderly parents, theater tickets, all-night pharmacies and much more.

855.Here4TN (855.437.3486) or HERE4TN.com



Take Charge at Work (TCAW)

- A confidential telephonic program that helps working adults recognize and manage symptoms of stress and depression at work
- Goal: to help employees find better work-life balance, so they can get back to feeling productive and enjoying their lives
- Who is eligible?
 - All State and Higher Education benefit eligible employees, over the age of 18
 - Dependents over the age of 18, eligible for EAP, and who are working either full/part time
- Visit the website or call to see if you qualify

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Behavioral Health & Substance Use Services

Dealing with a mental health or substance use condition? Support is available to you and your enrolled dependents through your behavioral health coverage.

- **Optum** is your behavioral healthcare vendor; Coverage is included when you enroll in a health plan
- Using Optum's network providers gets you the most from this benefit; You can search for providers on the website or call 855.Here4TN for assistance
- **Virtual Visits:**
 - In addition to office visits, you can meet with a provider through private, secure video conferencing called Virtual Visits
 - Allows you to get the care you need sooner and in the privacy of your home.
 - The copay for a Virtual Visit is the same as an office visit.
 - To get started, go to [Here4TN.com](https://www.here4tn.com), scroll down, select provider search, and click on Virtual Visit to find a provider licensed in TN, or call for assistance

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Wellness Program Vendors

- Population Health Program – ActiveHealth Management
- Weight Management Program – ActiveHealth Management
- Both programs go live on January 1, 2019



Wellness Program Resources (State and Higher Ed)

- Health Risk Assessment and Biometric Screenings
- Programs:
 - Weight Management
 - Disease Management
 - Diabetes Prevention Program
 - Lifestyle Counseling (tobacco cessation, nutrition, stress)
 - Challenges
 - Educational tools and resources

Cash Incentive (State and Higher Ed)

- Members **are NOT required** to complete any wellness program activities.
- State and higher education members and enrolled spouses **in any plan** can get **cash incentives** for participating in the wellness program. You can get money deposited through payroll* by completing certain activities and programs.
- Here's how it works:
 - Members choose activities from the approved list
 - Each activity will have a dollar value, and they can earn up to \$250 for the year
 - That is \$500 total for the employee and spouse
 - Money will be deposited in the employee's paycheck (for both employee and spouse)

*Members must be in a positive pay status to receive an incentive. The cash incentive for both the employee and eligible spouse will be deposited directly into the member's paycheck and will be taxed.



Cash Incentive (State and Higher Ed)

- Programs or activities could include:
 - Weight management program
 - Tobacco cessation program
 - Wellness counseling (diet, stress, exercise, etc.)
 - Disease management program
 - Biometric screening
 - Health Risk Assessment
- The new voluntary wellness program begins January 1, 2019. All eligible members and spouses will receive more information on how participants qualify for cash incentives **in the mail from ActiveHealth in early December**
- There will also be challenges, educational tools and other online resources to track results and progress

Diabetes Prevention Program Updates

- Omada (Cigna only; online)
 - 666 enrolled
 - 3,745 total pounds lost
 - Average of 5.6 pounds
- YMCA (in person)
 - 71 enrolled
 - 388 total pounds lost
 - Average of 5.46 pounds
- ParTNers Health & Wellness Center DPP (in person)
 - 44 participants
 - 297 total pounds lost
 - Average of 6.75 pounds

Questions?